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The Encyclopedia of Sustainable Eating Toward a Living Cuisine

Authors: Marie-Laure Fréchet (Text) - Valérie Lhomme (Photographer) - Bérangère Abraham

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The future of our planet begins in your plate!

This book urges us to choose taste, health, and virtue when it comes to planning a diet that

- Is respectful of humans, the plant and animal kingdoms, and nature in general
 - Is respectful of foods and their intrinsic nutritional qualities unadulterated by pesticides, additives, toxins, genetic or technological modification
 - Nourishes without harmful effects and contributes to greater vitality
 - Looks toward the future in a sustainable and environmentally friendly way.
 - Is not merely all about pleasure.
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